



Retirement News and Notes

August 2017

Melrose Retirement Office
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Volume 72

News from the Public Health Office

submitted by Karen Cronin

Lowering Your Prescription Drug Cost

The majority of patients between 50 and 80 years old don't talk to their health care providers about the cost of their medicines. The results of a University of Michigan National Poll on Healthy Aging showed 27 percent of the people surveyed found prescription medicines to be a financial hardship. The survey also suggested that when people can't afford their medicines they choose not to fill their prescriptions.

Most people assume their health care provider knows the cost of the medicines they prescribe, when in fact they do not. Dr. Preeti Malari, director of this survey and a professor of Internal Medicine at University of Michigan, wants patients to have these conversations with their health care provider, sometimes there are other options. Most patients will find when they mention this, that there are less expensive alternatives. This may be beneficial in cases where people are prescribed more than one medicine.



Insurance may also be a factor in affordability. Very often two people on the same medicine may be paying different prices, due to insurance costs. Patients should comparison shop. Smaller family owned pharmacies can be more costly than “big box” pharmacies and even mail away services are usually cheaper. Some patients may qualify for patient assistance programs from pharmaceutical companies, advocacy organizations or state government. Always check to see if you qualify for any of these. Your pharmacist may also be a resource when trying to cut down the costs of your prescription medications. It never hurts to ask the question.

Movie: Hidden Figures, Tuesday, August 15th at 1:15 p.m. In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth. *Healthy Snacks provided by Bright View Senior Living in Wakefield.* \$1.00 donation or item for Food Pantry suggested for viewing movie.



MVES Summer BBQ & Concert with the Senior Tones. Wednesday, August 23rd, Noon - 2 p.m. *Let's Celebrate Summer Together.* Join us to celebrate good food, good friends and good old summertime fun. Back by popular demand, the *Senior Tones* will entertain us with the smooth harmonies of many of our favorite "oldies". Reservations required. Transportation available. Call 781-662-6886.

COMING SOON ~ The Great Courses: The world's greatest professors at your fingertips.

The Joy of Learning. Most of us remember a time when discovery and the thrill of learning were forces in our lives. The adventure of learning often took place in a classroom, in the hands of a great teacher.

Now, *The Great Courses* makes it possible to enjoy this experience again by bringing the world's most engaging professors and world-class experts back into your life in video format. Your learning experience will be academically comprehensive, engaging, insightful and inspirational. Details on the first course will be available in September.

Looking For Readers! Would you like to join a book club at Milano Center? No firm commitment required at this time but if this club is of interest to you, please go to the Milano front desk to let us know.

Alzheimer's Caregiver Support Group; 1st and 3rd Friday each month. This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia. Please call 781-910-8958.

Today's News: Every Thursday, 11:00 a.m. to Noon. Join us for a lively discussion about current events.

Get Hooked on Helping Your Neighbors: Melrose's FISH transportation program is looking for volunteers to drive Melrose residents to medical appointments. If you can spare a couple of hours per week, we would like to offer you the opportunity to experience the rewards of assisting seniors in this "neighbor helping neighbor" program. The time commitment is based entirely on your availability. No driving to Boston and no firm commitment to a schedule required. If you can help, even one day a month, please call 781-665-4304 for more information.

Rep. Paul Brodeur: 3rd Friday of the month, 2:00 p.m. - 3:00 p.m., 617-722-2030.

Rep. Katherine Clark: 1st Tuesday of the month, 1:00 p.m. - 2:00 p.m., 781-396-2900.

Senator Jason Lewis: 3rd Friday of the month, 11:30 a.m. - 12:30 p.m., 617-722-1206.

Summer Hours, 2017

Monday-Thursday: 10:00 a.m. to 9:00 p.m.

Friday: 10:00 a.m. to 5:00 p.m.

Saturday & Sunday: Closed

Adult Concert on the Lawn,

Monday, August 7th, 6:30 p.m.



History Book Group, Wednesday, August 2nd,

7:00 p.m. - 8:45 p.m. Join the History Book Group! The topic will be Economic History. New members are welcome to join and experience history from many points of view on one topic. No other history book club offers this unique approach!

Adult Coloring Night, Wednesday, August 9th, 7:00 p.m. - 8:45 p.m. Come unwind and get it touch with your inner child! Materials will be provided, but feel free to bring your own! To reserve a seat, sign up online (www.melrosepubliclibrary.org) or speak with a library staff member.

Becoming Melrose - Scenery Unsurpassed: A Glimpse of Highland History.

Wednesday, August 16th, 7:00 p.m.- 9:00 p.m. Registration required online (www.melrosepubliclibrary.org) or with library staff. With its stately homes high upon upland terrain, the Melrose Highlands were once called "Little Scotland" for the similar landscape across the Atlantic. This and other interesting tidbits of information will be shared in this colorful evening lecture at the Melrose Public Library. Architectural Historian Ryan D. Hayward will discuss many of the former residents that built the neighborhood we call home. This series, *Becoming Melrose*, is supported in part by the Melrose Public Library, Friends of the Melrose Public Library and by a grant from the Melrose Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Red Scarf Book Club, Friday, August 25th, 1:00 p.m. - 2:30 p.m. This group is open to all and will meet the last Friday of each month in the library's Upper Lobby. This month's title is *On Chesil Beach* by Ian McEwan.

Popular Science and Technology Book Club,

Thursday, August 31st, 7:00 p.m. - 8:30 p.m. This club is for the inquisitive minds who want to grow their knowledge, keep up with the latest developments and recognize how science and technology impact our lives and our world. We will plan to discuss popular science books or film. This group meets on the last Monday of the month. Stop by the library to pick up this month's selection: "Time Travel" by James Gleick.

Ingredients:

- 1 cup creamy peanut butter
- 2/3 cup granulated sugar, plus more for rolling
- 1/3 cup packed light brown sugar
- ¼ teaspoon kosher salt
- 1 teaspoon pure vanilla extract
- 1 large egg
- 12 marshmallows, cut in half crosswise
- 24 milk chocolate candies, such as Hershey's Kisses



Directions:

- Position the oven racks in the top and bottom thirds of the oven and preheat to 350° F.
- Line 2 baking sheets with parchment.
- Beat the peanut butter, granulated sugar, light brown sugar and salt, in a large bowl, with an electric mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in the vanilla and egg.
- Put some granulated sugar in a small bowl. Shape scant tablespoons of the dough into balls and roll each ball in the sugar to coat. Evenly space the balls on the prepared baking sheets. Press each ball down with the tines of a fork to flatten it slightly.
- Bake until the bottoms are golden brown, about 10 minutes. Remove from the oven and turn the broiler on.
- Top each cookie with a marshmallow, sticky-side-down, and put 1 baking sheet at a time under the broiler until lightly golden, about 30 seconds. While the marshmallow is still hot, press a chocolate candy into it. Repeat with the remaining baking sheet. Let the cookies cool for a few minutes on the baking sheets, then transfer to a rack to cool completely. The cookies can be stored in an airtight container at room temperature for up to 3 days.

What causes the noise of an adjustment? That's a loaded question because not all adjusting techniques that chiropractors use produce the popping noise we associate with "cracking our knuckles." Some chiropractic adjusting techniques make no sound at all. But chiropractors may use techniques that create in many instances the popping sound of a spinal release, so what causes the noise? A few years ago the mystery may have been solved. A British research team took X-ray movies of a person "popping:" his knuckles and found that gas (80% carbon dioxide) rushes in to fill a partial vacuum created when the joint surfaces are slightly separated. It is this displacement of joint fluid which some believe to be the cause of the noise.



Member News

We would like to welcome the following new members:

Sandra Bransfield: School Department

We would like to congratulate the following members on their recent retirement:

Stephen Dennis: Police Department

We would like to offer our condolences to the family and friends of:

George "Butchie" Barrett: Police Department

Carol Shaw, wife of the late David Shaw

Robert Skarre, husband of the late Carol Skarre

If you need to **update your personal information**:

Please go to cityofmelrose.org, in the "Departments" block located on right hand side - click "Retirement Board".

Select which forms you wish to update listed below:

Application for Withdrawal

Application for Survivor Benefits

Application for Voluntary Superannuation

Beneficiary Selection

Blank Direct Deposit: *Please attach a blank check with the word **VOID** written on it.*

Change of Address

Retirement Option

Fill out the forms and mail them back to:

City of Melrose, Retirement Office, 562 Main Street, Melrose, MA 02176.

or send them to:

atravinski@cityofmelrose.org or ☎

mstanton@cityofmelrose.org

Access forms at (<http://www.cityofmelrose.org/departments/retirementboard>)

Enjoy the summer!

Adam and Marty



Green Street Natural Food

164 Green St., Melrose, MA 02176 (781) 662-7741

Open M-F 1-6, Sat 9-5. Save 20% when you spend \$30 or more. www.greenstreetnaturalfood.com. **Jason**



Get healthy, and stay healthy, in tip-top shape at **Atlantic Chiropractic**. Mention this advertisement and we will happily schedule you for a NO COST consultation.

Call 781-438-9355!

Dr. Tim

T' ahpas

529 Franklin Street, Melrose, MA

The finest in South American Cuisine.

Come visit us. Bring this coupon and get 10% discount off your meal on Tuesday nights for the month of August. We are located right across from our other restaurant, La Q Chara.

Lorenzo and Emily

WOOD + FIRE

a neapolitan pizzeria

[PIZZA] [PANINI] [ANTIPASTI] [INSALATE] [ZUPPE] [DOLCI]

Bring this coupon in and get a Free Cannoli with any pizza

35 Essex Street Melrose, MA 02176
781-620-0578 • woodandfiremelrose.com



Bring this coupon in and get \$5 off a dinner for two. Good for the month of August, 2017. Visit our sister restaurant: T' ahpas.

Lorenzo and Emily

